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(54) Title: KIT FOR TREATING HOT FLASHES

(57) Abstract: Kits and systems for treating hot flashes in a menopausal woman include one or more cooling devices suitable to be placed on a woman's skin, at a hot flash origin site, such as a location on the woman's back, for example, between the shoulder blades of the woman when experiencing a hot flash or in anticipation of a hot flash. Instructions for so applying such cooling devices may also be included. The cooling device or devices may be provided in a sealed package. The cooling devices may be in the form of an adhesive patch that can adhere to the woman's skin. A method for treating hot flashes includes providing one or more cooling devices, and instructing a woman to place the cooling device or devices on her back between her shoulder blades, for example.



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